



# CIGNA Well Aware for Better Health®

## Chronic Condition Support

make a *personal* commitment to your health

# asthma

### Get help to manage your asthma.

When you have asthma, it can be hard to do all the things you want to do, but it doesn't have to keep you from a fulfilling, active life. Now you have a personalized program to help you manage your asthma – CIGNA Well Aware for Better Health® for asthma.

### What is CIGNA Well Aware for Better Health® for asthma?

- A confidential, free program that provides personalized support and information for people with asthma.

### How does Well Aware help me manage my asthma?

- Helps you focus in on how your body reacts to asthma.
- Helps you discover the things that trigger your asthma, like dust or smoke.
- Teaches you to recognize when your symptoms are getting worse and when you need to see your doctor.
- Helps you learn about different asthma medications your doctor may prescribe.
- Teaches you how to use your inhaler and other medicines.

### What resources do I get with Well Aware for asthma?

- Access by phone to nurses who specialize in asthma, 24 hours a day, 7 days a week.
- Personalized plan designed to help you improve your health.
- Workbook with valuable information and charts to help you track your progress.
- Other mailed materials based on your discussions with the nurse.
- Additional support from other specialists, such as respiratory therapists.
- A quarterly newsletter featuring articles on asthma-related topics.

### Where can I get more information about Well Aware for asthma?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **[www.CIGNA.com/betterhealth](http://www.CIGNA.com/betterhealth)**.
- Call your health plan's member services number for questions about your benefit plan.



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